

CLASS-07
GENERAL SCIENCE
LESSON PLAN
CHAPTER: 01 – FOOD COMPONENTS

PERIOD NUMBER	CONCEPTS / TEACHING POINTS	PAGES IN TEXT BOOK		TEACHING PROCEDURE	TEACHING LEARNING MATERIAL	EVALUATION
		FROM	TO			
1.	Food components Introduction	01	01	Conversation	Chart, Photographs of various food material	Do we need energy when we sleep?
						If we don't get food some days what happens?
						What is the importance of food?
2.	Listing of food components	01	02	Activity	Different covers of various food packets, Chart	What are common in packet food items?
	Essential food components			Conversation		What are the essential food components?
3.	Confirmation of presence of food components	02	03	Conversation	Test tubes, Stand, Plate, Dropper, Iodine solution, Water, Paper, Rice, Wheat, Idli ravva, Oils (coconut oil, ...)	Which test do you follow to test carbohydrates?
	Testing for starch			Activity		What is a translucent substance?
	Testing for fats			Activity		

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4.	Confirmation of presence of food components	03	03	Conversation	Copper sulphate, Water, Sodium hydroxide, Digital balance, Measuring jar, Ground nuts, Green grams, Horse grams, ...	How do you test for proteins?
	Testing for Proteins			Activity		What is meant by 2 % copper sulphate solution?
5.	Test for food components	03	04	Activity	Test tubes, Stand, Plate, Dropper, Iodine solution, Water, Paper, Copper sulphate, Sodium hydroxide, Digital balance, Measuring jar , Chart of food components and their samples (Potato, Milk, Egg, Beet root, Carrot,)	Which component present in Milk?
						Which components present in Egg?
6.	Roughages or Dietary fibres	04	05	Conversation	Some vegetables (Ribbed gourd, beans, lady's finger, Sweet potato)	What is the importance of roughages?
	Sources of Roughages			Activity		Name some vegetables which have roughages?

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7.	Water	05	05	Conversation	Fruits, Vegetables(like papaya, kheera, apple, tomato,...), Pipe, Water, Sponge	Where do we use water in our daily life?
	To know the use of water			Activity		How water is essential for human body?
	Balanced diet			Activity		
8.	Make your Balanced diet	05	06	Conversation	Chart, Dry fruits	What are dry fruits?
	THALI – components			Conversation		
	Dry fruits			Conversation		
9.	Balanced diet in cheap indeed	06	07	Conversation	Chart	Why do we not eat junk foods?
	Avoid junk foods			Conversation		What is meant by balanced diet?
10.	History of food and nutrition	07	07	Conversation	Photographs of Lavoiser and James Lind	Who is the founder of modern science of nutrition?
	Lavoiser			Conversation		Who discovered scurvy?
	James Lind			Conversation		What is nutrition food?

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